

WHO'S YOUR REASON?

Live well for those you love.

Earn your \$150 Well Wisconsin incentive.

DEADLINE: OCTOBER 19, 2018



HEALTH SCREENING +



HEALTH ASSESSMENT



+ WELL-BEING ACTIVITY = \$150*

YOUR WELL-BEING ACTIVITY OPTIONS



ONE-ON-ONE HEALTH COACHING

Working with an expert health coach can have you feeling your best. Whether you want support with your well-being goals or help with a chronic condition like asthma or diabetes, you have an ally in your corner ready to help. Call **800-821-6591** to find the right fit for you.



MILLION STEPS CHALLENGE NEW!

Connect a tracking device or app to **wellwisconsin.staywell.com** to track your steps automatically as you boost your activity level and go for one million steps by October 19, 2018.



SELF-DIRECTED COACHING

Learn how to make better choices every day. From eating better to adding more physical activity to your day, Self-Directed Coaching offers an online coaching experience tailored to you.



21-DAY MEDITATION EXPERIENCE

Find inner peace, manage stress more effectively and become more self-aware by participating in the 21-Day Meditation Experience.



DAILY DASH

Participate in quick, mini challenges to help build healthy habits to move more, eat well, stress less and sleep tight. With Daily Dash, simple steps can add up to big results.



HEALTH BENEFITS AND PREVENTIVE CARE QUIZ

Complete a short quiz on health benefits and preventive care.

Visit **wellwisconsin.staywell.com** to get started.

QUESTIONS? **800-821-6591** or **wellwisconsin@staywell.com**.

*To participate in the Well Wisconsin Program, you must be an employee or spouse enrolled in the State of Wisconsin Group Health Insurance Program. All wellness incentives paid to participants by StayWell are considered taxable income to the group health plan subscriber and are reported to your employer for tax purposes. Health information, including responses to the health assessment, are protected by federal law and will never be shared with ETF, the Group Health Insurance Program or your employer.

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Healthier starts with you